

BACK 2.0



W R I T T E N B Y K A I G R E E N E

BEHIND THE HERO

RETRACTING SHOULDER BLADES



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BEHIND THE HERO

The rhomboids function as part of the shoulder girdle which helps support the shoulder. The rhomboids' muscle fibers move towards the spine and up. Remember, muscles can only contract and relax, shorten and extend. Therefore, their contraction brings the scapula closer to the mid line of the body. It can also rotate the scapula and bring the shoulders down.

You've spent the last decade with your head down and out of trouble. The analysts that support you spend their entire careers with their heads down, trying to focus on the data at hand. Unfortunately, this position can lead to poor posture and rhomboid dysfunction. Overactive pectoral muscles and weaker rhomboids can lead to protracted shoulder blades and chronic back pain. Furthermore, complete overhead extension relies on scapular rotation. Ineffective or inactive rhomboids will limit scapular rotation and diminish overhead shoulder movements. Remember to keep your head down when under fire, but to retain good posture when you're rewarded for your bravery.



OLD HERO NEW TRICKS

▶ SINGLE ARM ECCENTRIC OVERLOAD LAT PULLDOWN ◀ MACHINE-VERTICAL PULL

HOW TO PERFORM THE MOVEMENT:

1. Sit down on a lat pull down machine. Set the weight to a weight 10-15% more than you could lift with one arm.
2. Grip the machine with both arms as if you were performing a traditional lat pull down. This will be your starting position.
3. Keeping your chest up, pull down the handles until your hands are beneath your chin.
4. Release the machine with your left hand while keeping tension on the right arm.
5. Resist with your right arm as you slowly return the weight to the starting position. You should attempt to perform this eccentric part of the movement for 3-5 seconds.
6. Once returned to the starting position, grip the machine with both hands and repeat the above steps for the desired amount of sets and reps.
7. After completion of the movement with one arm, switch arms and perform the same desired number of sets and reps.

COMMON MISTAKES:

1. Going too light: Your muscles can handle more weight during the eccentric part of the lift than the concentric part. The goal here is to choose a weight that you could not normally lift with one arm. You should be unable to pull the machine down with one arm. Instead, your goal is to slow the weight's return to the starting position. Choose a heavy enough weight to ensure you can take down the crime overlord once and for all.

OLD HERO NEW TRICKS

▀ BENT OVER BARBELL ROW WITH RESISTANCE BANDS ▀ HORIZONTAL PULL

HOW TO PERFORM THE MOVEMENT:

1. Grab a barbell and place it on the floor. Add the desired amount of weight to each side.
2. Grab a resistance band and attach it to each end of the barbell.
3. Step on the center of the resistance band with your legs shoulder width apart.
4. Grab the bar slightly wider than shoulder width. Bend your knees slightly and bend at your waist until your torso is angled about 30 degrees from the floor. Let your arms hang perpendicular to the floor. This will be your starting position.
5. Exhale and bring the bar up to your torso in a controlled manner.
6. Squeeze your back muscles at the top of the motion for 1 to 2 seconds.
7. Return to the starting position and repeat for the desired amount of reps.

COMMON MISTAKES:

1. Choosing the wrong resistance band: The most difficult portion of the bent over barbell row is the top of the lift (where your mechanical advantage is the lowest). The resistance band provides more resistance as you approach the least mechanically advantageous part of the row. If you choose a resistance band that is too light

OLD HERO NEW TRICKS

CHAOS INVERTED BAND ROW- HORIZONTAL PULL

HOW TO PERFORM THE MOVEMENT:

1. Find power rack and grab a sturdy resistance band.
2. Place the resistance bars through the ends of the resistance band and position them at chest height.
3. Grab the resistance band slightly wider than shoulder width apart.
4. Position yourself under the band as if you were doing an inverted row. The back of your heels should be on the ground, your core should be tight, and your arms should be straightened gripping the resistance band. This will be your starting position.
5. Keeping your body stable, slowly retract your shoulder blades and flex your elbows as you bring your chest to the band.
6. Pause at the top of the motion for 1-2 seconds before returning to the starting position.
7. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

1. Moving too quickly. The chaos row is aptly named for its erratic and irregular movements. Just like the criminal you hunt, if you move too quickly you are likely to miss the finer details and overall goal of your work. You will need to stabilize yourself and move slowly to reap the full benefits of the workout.

OLD HERO NEW TRICKS

ARCHER PULL UP-VERTICAL PULL

HOW TO PERFORM THE MOVEMENT:

1. Begin by gripping a pull up bar wider than shoulder width apart. Your palms should be facing forward. This will be your starting position.
2. Flex your left arm while keeping your right arm straight.
3. Bring your chin above the bar near your left hand. Your right arm should be completely straight at this point. Hold this position for 1-2 seconds.
4. Lower yourself in a controlled manner to the starting position.
5. Switch arms and repeat for the desired amounts of sets and reps.

COMMON MISTAKES:

1. Overshooting their progress. You've been out of the game for a while. You are and always will be the best, but even one missed training session can negatively impact your abilities. This movement is a very advanced progression towards a one arm pull up. The straightened arm stabilizes but provides little upward pull. That makes it a powerful back building movement. However, it can be ineffective if performed before you're ready. Make sure you can perform at least 10 consecutive perfect form pull ups before attempting this variation.

THE HERO IN ACTION

You have your go to moves. The moves and approaches that happen naturally and without thought. These are your instincts that made you the only person capable of taking this job. However, the world has changed and so have you. You need to know how to implement these new strategies into your training program in order to elevate yourself to your true potential. Your enemies will be expecting the person they knew. They cannot be more wrong.



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THE HERO IN ACTION

Most back movements can be broken down into a horizontal pull or a vertical pull exercise. A horizontal pull is any exercise wherein you pull a weight towards your torso from straight in front of you. These would include your inverted chaos rows and your bent over barbell row with resistance bands. A vertical pull is any exercise wherein you pull a weight from overhead towards your torso from overhead. These exercises would include your single arm eccentric overload lat pulldown machine and archer pull up.

The average lifter over works their pressing muscles and underworks their pulling muscles. This leads to scapular protraction, back and shoulder pain, and overall ineffective overhead pushing movements. To ensure balance, you should perform these exercises in a 1:1 ratio with their counterpart. Below is a chart to ensure your back workouts are equally balanced.

	CHEST EXERCISE	BACK EXERCISE
HORIZONTAL	Bench Press, Low Incline Bench Press, Decline Bench Press, Chest Flyes	Inverted Chaos Row, Bent Over Barbell Row with Resistance Bands
VERTICAL	Standing Overhead Shoulder Press, Seated Overhead Shoulder Press, Front Raises, Incline Bench Press	Single Arm Eccentric Overload Lat Pulldown Machine, Archer Pull Up